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THE
GOLDEN BOOK
OF
HEALTH:

SHOWING THE CAUSES OF ALL DISEASES,
AND
THE MEANS OF PREVENTION OR CURE.

THIS WORK HAS BEEN PRONOUNCED BY THE LEADING NEWSPAPERS TO BE

A BOOK FOR FAMILIES;
A BOOK FOR YOUNG MEN;
A BOOK FOR YOUNG WOMEN;
A BOOK THAT CONCERNS EVERY ONE.

WITH
AN APPENDIX DESCRIPTIVE OF
THE
UNIVERSAL MEDICINES..

London:

Published by THOMAS WALTER, No. 8, GRAFTON PLACE,
BUSTON SQUARE;

By WILLIAM STRANGE, AMEN CORNER, PATERNOSTER ROW.



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THE GOLDEN BOOK:

A GUIDE TO HEALTH, HAPPINESS, AND
LONG LIFE.

SECTION I.

INTRODUCTORY.

To keep the body free from pain and disease is the common wish of all. And it is a most reasonable wish. But reasonable as it is, the fact is indisputable that nothing in the economy of life is more generally neglected than attention to the preservation of health, and the acquisition of that knowledge which conduces to ward off the accidents likely to superinduce disease and lead to a premature termination of life.

The chief cause of most of the diseases to which the human body is subject, is a superabundant acid in the stomach; and this superabundance of acid is occasioned by overloading the stomach with food or drink. For the stomach can digest only a certain portion of food in a given time; namely, that which is in contact with its sides. All the rest must wait its turn. Consequently, if the stomach be overloaded, the superabundant food will ferment and generate an acid; and the portion of food thus fermented and converted into acid, when it comes in its turn to be spread over the sides of the stomach to be digested, instead of being fit to be converted into healthy

blood, frets and irritates the stomach by its acrid and corrosive qualities, and very often produces inflammation, more or less violent, which is indicated either by heart-burn, eructation, stomach-ache, or other distressing sensations. Nor is this the whole of the injury; for if the effects of the acid be not arrested, all the organs which sympathise with the stomach partake of the distress, in proportion to their previous constitutional strength or weakness.

But in order that this subject may be thoroughly and completely understood by every reader of our present treatise, we shall at once enter upon an explanation of the entire process of digestion.

SECTION II.

THE PROCESS OF DIGESTION.

DIGESTION is that process in the animal body by which the aliments are dissolved, and the nutritive parts separated, for the revivification of the frame. For the support and continuance of life in all classes of animals, we find a series of organs constructed by the All-wise Creator for the purpose of preparing the food, so that its nutritious particles only shall be received into the circulatory system, and form a new portion of the vital fluid, in lieu of that which is constantly expended in the various secretions of the body, thus repairing the waste that is continually going on.

The organs that are employed for this purpose are the stomach, the intestines, the liver, and the pancreas (or sweet-bread), which may be severally described:—

The *stomach* is the well-known receptacle of the food, a large membraneous bag, and is said to resemble in shape the Scotch bagpipes: it is situated immediately behind the short ribs on the left side, and when distended with

food or air reaches nearly to the right. The office of the stomach is to secrete a fluid for the purposes of digestion, and which is denominated the gastric juice.

The *small intestines* consist of a long membranous tube, about an inch or an inch and half in diameter, and considered to be four times the length of the individual himself: but notwithstanding this great length, it is collected by means of numerous windings and convolutions into a comparatively small compass.

The *large intestine* is a canal of about two or three inches in diameter, and seven feet in length.

The next object of importance, as connected with digestion, is the *liver*, which is situated at the superior part of the abdomen. The use of this organ is to secrete the bile, a healthy supply of which is absolutely necessary for the nourishment of the animal. The bile is secreted from venous blood, collected from all the veins of the intestines, and of the glands in the abdomen; and entering the liver by a large trunk, is minutely distributed throughout its substance, in numerous and complex ramifications, and after an endless series of undefinable communications with each other, terminating in ducts so exceedingly minute as to exclude the red globules of the blood. This, in fact, is the commencement of the formation of the bile, which is carried on, the ducts gradually enlarging by an union of branches, till it is conveyed into one trunk, called the hepatic duct; this joining the cystic duct, forms the common bile duct, through which the bile is carried into the intestines to assist in the process of digestion. As the circulation of this immense quantity of blood through the liver is constant and uniform, so is also the secretion of bile. But as this fluid is not always wanted in the intestines, the great Author of Nature has provided it with a receptacle called the gall bladder; to this organ the superabundant bile is conveyed by the cystic duct, where it remains until called for by the purposes of digestion.

The *pancreas*, or sweet-bread, is a gland whose length is about six inches, its breadth one and a half, and its thickness half an inch. It secretes a fluid necessary for digestion, called the pancreatic juice, but it is very small

in quantity. It nevertheless performs a very important part in the process of digestion, as appears evident from the fact that in diseases of the pancreas the body is attended with emaciation.

Having thus described the organs and fluids necessary for the process of digestion, we may now proceed to describe that process itself. The food is taken into the mouth and broken down, or chewed by the teeth; it is then mixed with the saliva; it is next propelled by the muscles of the mouth into the pharynx, the constrictor muscles of which propel it into the gullet, the contraction of whose muscular sides forces it into the stomach. There it becomes mixed with the gastric juice; in a short time this juice acts on the food, and an homogeneous mass is formed, called *chyme*, quite different from its original state. The muscular coat of the stomach contracts, and the chyme is forced into the small intestine, where it mixes with the bile and pancreatic juice, in order to become converted into *chyle*. For "chyme" means the half-digested food, and "chyle" the fully digested food. In the process of chylification which now takes place, the nutritious portions of the food are extracted by a series of vessels in the small intestines called the lacteals: from them the food passes into a vessel lying on the spine, denominated the thoracic duct, which terminates in a large vein under the left collar-bone called the subclavian, where it enters the circulation of the blood. The useless and excrementitious parts pass through the large intestines, and are finally ejected.

SECTION III.

FOOD AND ITS QUALITIES.

AFTER a careful study of the preceding description, it may readily be supposed that for the due preservation and enjoyment of health much discrimination is needed

in the choice of food, whether animal or vegetable. It may be taken as a general rule, that the flesh of the full-grown animal is more digestible and nutritious than that of its young. Thus beef or mutton are of more easy digestion than veal or lamb; but on the contrary the flesh of the sucking-pig is more wholesome than that of the larger animal. Of all meat, tender wether mutton is by far the most nutritious and digestible; but the fat of mutton has a tendency to coagulate; it is less easily assimilated in the stomach than the fat of most other animals. Beef is not of so easy digestion, but it is equally if not more nutritive. Bull-beef is difficult of solution in the stomach; and cow-beef is not so nourishing and tender as that of the ox. Pork and bacon are a heavy and indigestible food, and fit only for such persons as lead a laborious life; and even by them they should be used sparingly, as by their too frequent use the bowels will be disordered, and eruptions on the skin occasioned. Fish is less nutritive than meat, and therefore it is not adapted to form a diet of itself. But it is not so difficult of digestion and is more easily converted into chyle. It is also less stimulant than the flesh of animals, and is said to be better fitted to weak and delicate habits. But the truth of the position may well be doubted; for as fish is generally allowed to linger and die in order to preserve it fresh for the market, from this cause probably is occasioned its disagreement with some stomachs. The usual condiments of high-seasoned sauces, renders fish of all kinds more hard of digestion than they would otherwise be. To render it a wholesome food, vinegar and salt form the best additions.

Of this last-mentioned species of food, the cod, turbot, sole, whiting, flounder, and fresh herring, are the most nutritive, and the most easy of digestion; the salmon and the mackarel the most indigestible. Eels are nourishing, but hard to digest. The turtle, when not injured by the refinements of cookery, is very wholesome. Oysters raw, with the moderate addition of vinegar and pepper, may be looked upon as strengthening and wholesome; but stewed, they are very indigestible. Indeed

the whole tribe of shell-fish may be denounced as indigestible. Muscles are of a viscid nature, and apt to disagree with the stomach and disorder the bowels. In general, salt-water fish are more wholesome than river-fish.

Of birds, the woodcock, grouse, partridge, quail, lark, turkey, and the common fowl, are considered the most wholesome and digestible; and the goose, widgeon, teal, and the tame and wild duck, the most hard of solution, and the most likely to disorder the stomach. The pheasant is less digestible than the common fowl, and the pigeon furnishes food of a dry and heating nature. In general the flesh of birds is lighter, drier, and more easily digested than that of animals; and as the blood produced from it is light and full of spirit, it is favourable to the exercises of the mind. But there is very little nourishment in poultry and most kinds of game in proportion to their bulk.

Raw eggs are nutritive, and gently laxative; but if hard-boiled they produce costiveness. To obviate this effect, they should be boiled no longer than necessary (namely, three minutes) to coagulate the greater part of the white or albumen, without depriving the yolk of its fluidity.

Game of all kinds is generally wholesome. The flesh of the leveret, roasted, is wholesome and easily digested; and that of the tame rabbit is of a like quality to the flesh of the fowl, and equally digestible. And, notwithstanding the common opinion to the contrary, the flesh of the wild rabbit is one of the most digestible kinds in use,—a quality that may be asserted of all wild animals used as food, in preference to those that are cooped or shut up.

Bread is the best corrector of animal food; it is of incomparable use in the process of digestion; where much animal food is used, its consumption should be proportional. But in the use of bread, care should be taken that it is at least one day old; for if too new, it soon swells when impregnated by the salivary and gastric juices, and the volume constantly increasing, causes a

painful distention of the stomach, and diminution of its vital power.

The potato may be considered as the lightest and most nutritious of vegetables used in their natural state. The mealy kind is easiest of solution, and is preferred to the waxy (under which denomination the young or new potato is included), which is the most indigestible. Mashed and fried potatoes are not wholesome, as being of more difficult digestion than when this esculent is prepared by the simple process of boiling or roasting.

Of the different species and varieties of the colewort, the cauliflower, brocoli, and asparagus are to be preferred, especially when young; but the last-mentioned is wholesome only when it is in an intermediate state between root and plant. The savoy and cabbage are wholesome and aperient, particularly the latter, when young, in the state of spring greens, and well boiled. The parsnip and turnip if thoroughly boiled, are nutritive, and, being easily digested, are laxative. Carrots and radishes of all kinds, though not unwholesome, are hard to digest. Spinach is aperient and often disagrees with the stomach. Peas and beans, when young, are, though not generally thought to be so, wholesome and light food. Dried peas, in any shape or form are highly indigestible. The onion is nutritious, and highly stimulating to the stomach, and promotes the natural secretions, especially where the temperament is phlegmatic. The leek, garlic, shallot, horse-radish, and mustard, possess the same qualities in the progress of digestion, and assist in the solution of animal food.

Of all salads, the water-cress is most wholesome, and the cucumber the most unwholesome. The most salutary time for the consumption of the cress is at breakfast or luncheon; if taken after dinner, as most salads, it may chill the stomach and check digestion. Persons of delicate stomachs should be sparing in its use. The narcotic principle contained in the lettuce is obviated by vinegar and oil. Celery, when boiled, is nourishing and wholesome.

SECTION IV.

COOKERY IN REGARD TO HEALTH.

COOKERY is of two kinds, simple or compound, The object of the first is either to destroy some deleterious property, or to render food palatable and nutritious; that of the second is to stimulate appetite, and please the palate by fantastic and unwholesome compositions.

The general modes of English cookery in use are—1, Roasting; 2, Boiling; 3, Stewing; 4, Broiling; 5, Frying; and 6, Baking.

By roasting, a greater portion of nutritious matter is retained in meat than by any other process of cookery, except that of broiling. The perfection of this process consists in doing the meat neither too slowly nor too rapidly; by the first method it is withered; by the second it is scorched; and by either rendered without nutriment and indigestible. Meat should neither be overdone nor underdone. By overdressing meat, as its fluids are expelled by the heat and the fibres compelled to approach closer to each other, it is rendered indigestible; by its being underdressed, it runs quickly to putrefaction; the perfection of roasting consists in the medium between over dressing and under-dressing,—namely, in the meat being well done, when it will eat short and agreeable, and be in its most nutritive state.

Boiling renders meat more digestible than roasting it does; but deprives it of more of its nutritive qualities than that process, as the gelatine is partly extracted in the water. If meat is boiled too long or too fast, it will become hard and indigestible: besides all its nutritious qualities will be lost in the water. Meat boiled in hard water is more tender and juicy than that boiled in soft water; while vegetables are rendered harder and less digestible when boiled in hard water. It is best to boil vegetables, as they become more soluble in the stomach, and are deprived of a great quantity of fixed air.

By stewing, meat is made more tender than by any other process of cooking; but as more of its soluble

parts are extracted than is the case with the other processes, the only good aliment it affords is the soup: for though the meat is rendered sapid, it is hard and innutritious.

By broiling meat more of its nutritive qualities are retained than by any other process; for the evaporation of the juices of the meat is prevented by the sudden hardening or browning of the surface. For imparting strength it is therefore the best mode of cooking animal food, as it is thereby rendered more nutritious and easy of digestion than by any other preparation.

Frying is the most objectionable mode of dressing any kind of meat, as it is rendered highly unwholesome by the meat being applied through the medium of burning oil or fat; and thereby becoming hardly miscible with the fluids of the stomach, it is apt to disorder that organ.

Baked meats, if well done, are not unwholesome for occasional use: but from the retention of their oils occasioned by the confined space in which they are dressed, they are not so digestible as roasted food is. On this account those persons who are subject to dyspepsy and biliousness when they partake of this kind of food, should assist the powers of the stomach by the additional stimulus of spice and aromatic, and they should abstain from the gravy. If, by this restraint, the meat should not be rendered palatable enough, by pouring hot water over it in the plate, a wholesome gravy may be obtained.

With regard to the disputes relative to the comparative nutriment afforded by under-done or over done meat, the observation of Dr. Kitchener seems the best reply:—"That meat, which is *under-done*, contains more nutriment than that which is *over-done* is true enough;—but in the ratio that it is *raw*, so it is difficult of digestion, as Spallanzani has proved by actual and satisfactory experiments. Our food must be done by the cook or our stomach; if we impose the drudgery on the latter, its valuable energies, which ought to be employed in the work of digesting, are wasted in the work of cooking, which the spit or stewpan can do much better."

SECTION V.

MEALS AND MEAL-TIMES.

REGULARITY in the number of meals, and the periods at which they are taken, is of the first importance ; for thereon does much of the equable and pleasant enjoyment of health depend. Some medical writers have considered one—others, two, three, or even four meals necessary. But leaving these gentlemen to their dogmas and reveries, it may be laid down as an incontestible rule, that the number of meals should be regulated by the degrees of exhaustion and diurnal habits of life to which every individual is subject. In general, three frugal meals in the course of the day seem most desirable, and the best adapted to the wants and constitution of the human frame, while at the same time they are the best suited to the digestive organs.

The periods at which meals should be taken, and the intervals that should elapse between them, deserve attention. The practise which leaves the great bulk of the day without a meal and then crowds two or three together is manifestly bad, as it leaves the body in a state of exhaustion and fatigue, which strongly tends to enfeeble the powers of digestion. To confirm and preserve health, whatever may be the number of meals taken, they should be taken at regular times and stated periods ; and they should be regulated by the strength or debility of the stomach, and the quantity and quality of the food taken, or to be taken, at the preceding or following meal. The extremes of long-fasting, or too frequent repletion, should be carefully avoided ; for the languor of inanition and the fever of repletion are equally injurious to the healthy state of the stomach. Those persons who have weak stomachs will be able to digest more food if they take their meals at regular hours, because they have both the stimulus of the aliment they take, and the periodical habit to assist their digestion.

Much diversity of opinion has subsisted with respect to the proportionate quantity of animal and vegetable

matter necessary to the healthful sustentation of the human frame. It may, however, be broadly said that the best and surest guide in obtaining the desired knowledge of the subject, must be the circumstances of climate, season of the year, exercise, previous habits, age, and individual peculiarity of constitution. In hot climates a vegetable diet may be carried to a great extent without injury; while in cold climates, an almost entire subsistence on animal food will not produce any very pernicious effects; as from the want of heat, a greater stimulus is required for the system, and also from the smaller degree of perspiration, and the little tendency to putrefaction which the fluids discover in such climates.

In our variable climate, the proportion of animal food may predominate, especially in cold weather; in which season the proportion of vegetable food should be small, and that chiefly of the farinaceous and least acescent kind. In summer, the inverted proportion seems the most rational. Great bodily exertion or exercise requires the superior nutritive power of animal matter; but a preponderance of vegetable diet is favourable to persons of sedentary and inactive habits. In the first, animal food is not necessary—it would even be prejudicial; but during the period of growth, the nutritious quality of aliment is especially important; in manhood it is more appropriate; but in the middle period of life a strict attention is required to temperance; it is in this period that the greatest attention is needed as to diet. Age requires food in small quantities; but it must be nutritious and soluble. At every period of life, and in every state of the body, the diet should be accommodated to the powers of the digestive organs. This (namely, the power of digestion) is considerably reduced in the advance of life, and the work allotted to it then should be proportionably small and easy of execution.

A vegetable diet is considered as having most influence on the powers of the mind, in preserving a delicacy of feeling and an activity of judgment; but this state of body is equally the attendant of timidity, fluctuation, and doubt. On the contrary, the fumes of animal food are unfriendly and oppressive to thought and meditation;

but it imparts vigour and firmness of purpose to the heart, and fits a man for the active scenes of life. It seems, therefore, that he who makes use of a mixed diet, will avoid all extremes ; and while, by adopting such a regimen, he best consults his health, will have a mind which will display a firmness and capacity suited to every valuable purpose.

No general rule can be given as to the quantity of food, animal and vegetable, that ought to be taken at each meal : all artificial standards of weight and measure on this subject must be delusive, and calculated to inflict injury. The appetite and the feelings are the best indicators of the necessary quantity of food we require ; and the safest guide to depend on in this respect is the particular state of health of the individual, and the bodily exhaustion or repletion to which he is subject at the time of each meal. Let him partake of those things which he finds best agree with him, and do not derange his general health ; and as soon as he finds himself satisfied and refreshed, let him desist ; for nature has established such a sympathy between the taste and the stomach that what disagrees with the one is seldom agreeable to the other. Besides, the more food is relished, the better it is masticated, and the gastric juice attacks it at a greater number of points, and dissolves it more speedily and effectually, which is the source of all good digestion and nutriment. But in consulting your appetite, never be induced to partake of more than one kind of food ; for a variety of dishes creates an artificial appetite, inducing one to eat more than is necessary ; and as variety of food does not harmonise in the stomach, but requires different exertions of its muscular powers, it is not digested at the same time, and a greater labour is imposed on it than it possibly may be capable of bearing with impunity. Besides, the excess of food distends the stomach and debilitates its muscular and digestive powers and fibres, and consequently diminishes their energy. But attention is necessary that the quantity of food be not too small as well as that it is not too large ; for excessive abstinence tends to weaken and distress mind and body as well as, or even more than excessive feeding destroys the athletic

standard of health. By too long fasting the coats of the stomach are left a prey to the acrimonious and corroding humour of the gastric juice, and the digestive faculties are constantly disordered and fretted.

SECTION VI.

THE DIGESTIVE POWERS.

THE following table shows the mean time of digestion of the different articles of diet in most general use, the hours and minutes indicating the average period which each separate article occupies from the moment of entering the stomach until it is completely prepared to pass into the blood:—

	H.	M.
Rice, boiled.....	1	
Sago, boiled	1	45
Tapioca, boiled	2	
Barley, boiled.....	2	
Milk, boiled	2	
Milk, raw	2	15
Gelatine, boiled	2	30
Pig's feet, soused, boiled	1	
Tripe, soused, boiled.....	1	
Venison steak, broiled	1	35
Turkey, roasted	2	30
Turkey, boiled	2	25
Goose, roasted	2	30
Pig, sucking, roasted	2	30
Liver, beef's, fresh, boiled.....	2	
Lamb, fresh, boiled	2	30
Chicken, full grown, fricassee	2	45
Eggs, fresh, hard boiled	3	30
Eggs, ditto, soft boiled	3	
Custard, baked	2	45
Cod fish, cured, dry, boiled	2	
Trout, salmon, fresh, boiled	3	30

	H.	M.
Flounder, fresh, fried	1	30
Salmon, salted, boiled	4	
Oysters, fresh, raw	2	55
Oysters, ditto, stewed	3	30
Beef, fresh, lean, roasted	3	
Beef, dry, roasted	3	30
Beef-steak, broiled	3	
Beef, with salt only, boiled	2	45
Beef, with mustard, &c., boiled	3	30
Beef, old, hard, salted, broiled	4	15
Beef, fresh, lean, fried	4	
Pork, fat and lean, roasted	5	15
Pork, recently salted, boiled	4	30
Pork, ditto, fried	4	15
Pork, ditto, broiled	3	15
Pork, ditto, raw	3	
Pork, ditto, stewed	3	
Mutton, fresh, roasted	3	15
Mutton, ditto, broiled	3	
Mutton, ditto, boiled	3	
Veal, fresh, broiled	3	
Veal, ditto, fried	4	
Fowls, domestic, boiled	4	
Fowls, ditto, roasted	4	
Ducks, ditto, roasted	4	
Ducks, wild, roasted	4	30
Suet, beef, fresh, boiled	5	30
Suet, mutton, ditto, boiled	4	40
Butter, melted	3	30
Cheese, old, strong, raw	3	30
Soup, beef, vegetable, and bread, boiled	4	
Hash, meat and vegetables, warmed ..	2	30
Sausage, fresh, broiled	3	20
Heart, animal, fried	4	
Beans	2	30
Bread, corn, baked	3	15
Bread, wheaten, fresh, baked	3	30
Cake, corn, baked	3	
Cake, sponge, baked	2	30
Dumpling, apple, boiled	3	
Apples, sour and hard, raw	2	50
Apples, sour and mellow, raw	2	
Parsnips, boiled	2	30
Carrots, boiled	3	15
Beet, boiled	3	45
Turnips, boiled	3	30
Potatoes, boiled	3	30
Potatoes, roasted	2	30
Potatoes, baked	2	30
Cabbage, boiled	4	30

SECTION VII.

REFLECTIONS ON HEALTH.

“How numberless,” says a talented medical writer, “have been the definitions of health, and what pains writers and poets have taken to tell us what it is, and to bepraise it; but how few persons ever trouble their heads about it, or concern themselves even to think of it until they lose it. We can really only understand what light is but for the darkness which follows. Health, like light, is a natural law, and the loss of either, when both should prevail, are the accidents which man’s foolishness or government greediness bring about. Health was given to human nature as a part and parcel of itself, as much as light was ordained to cheerfullise the world a certain number of hours out of the twenty-four, and just as simple is it to have the full benefit of the one as the other. How grievously deplorable is it, then, to interpose a shadow betwixt ourselves and mortal loveliness, which is the real beauty of creation—namely, health,—and to exclude a ray of the divinity of the universe, which is light; and yet, notwithstanding both on this fair earth reign triumphant, how many of us are subjected to the want of them. It is very pretty to look back, and very interesting to anticipate, but often sad to reflect upon the present. Yet, from such comparisons only do we learn a lesson of what we are, of what we have been, and what must come. We of the readable and understandable period of our time, know by heart the traditions in life’s pilgrimage from the cradle to the grave. Few of us but have witnessed the thread of infant life snapped in the zenith; few but are acquainted with the incident of man being snatched away in his bloom; and who lives, but has had some dear relative cut off before the autumn of years had crowned the brow? The pastor pronounces the vanity of human wishes and the uncertainty of life; and every auditor ejaculates, ‘True!’ But there is not one that but hopes to live and become a good old man. Death is the thing we most dread, and

the last thing we think of; but knowing that it *must* come, we sink into fatalism, that do what we will, we cannot avert it; and as a stubborn fact, the bulk of us are indifferent to prevent it, notwithstanding we tremble at its approach instead of looking for its arrival as a rest to our weariness."

SECTION VIII.

RULES OF HEALTH.

WHAT purity of heart is to the mind, such is cleanliness to the body. It is really incomprehensible that people, in modern times, should be so unaccountably negligent of the benefits arising from frequent ablution of the body—one of the great assistants of nature in warding off disease. For it is an incontestable fact, that the freer and more open the pores of the skin are kept, the body indicates less sensibility: that is, it is less disposed to the contracting of colds, fevers, or any other complaint or disease. The neglect of this indispensable duty is one of those incongruities which take place in the management of the ordinary affairs of life. The most unobservant person alive knows that the proper care of the skin is indispensably necessary for the thriving of horses and various other animals. But this simple and obvious knowledge scarcely seems necessary to be attended to in the case of human nature. The greater portion of mankind never deem the keeping of the skin clean, and in a sound state, at all needful to health. It is not an exaggeration to say, that the pores of the skin of the greater mass of the population in this country are half-closed and unfit for use. The consequences are disease and susceptibility to contagion of every kind. To those unacquainted with the consequences of uncleanness, it may perhaps be useful to know that two-thirds of all that

we eat and drink are carried off through the pores of the skin; and that, if this refuse be not cleared away, the free passage of the perspiration through the pores becomes clogged and stopped, and it is absorbed again into the blood; and according to the obstruction that it meets with in its passage out of the body, it always produces more or less derangement and disease. It is therefore necessary to wash those parts which are covered, as well as those which are exposed to the action of the air; for as, from their exposure, the process of evaporation is more favoured, they stand the less chance of having the secreted perspirable matter to accumulate on their surfaces, or the pores of the skin to become clogged.

Fresh and good air is the foundation-stone of health, the spring and principle of life. But how few are aware of the great good or pernicious influence of this mighty agent of nature which holds within its bosom the germs of health and life, or the seeds of death and disease! To many this may seem inexplicable; but such persons should recollect that an adult in the course of every minute requires a cubic foot of air for respiration, or nearly a pint of air for every inhalation he takes; and that it has been shown by experiment that the same air cannot safely enter the lungs more than four times, the respiration of animated beings depriving the air of its vital principle, or that portion of it which is friendly to life—namely, the oxygen that is rather more than a fifth of the whole volume of the air, and leaving nothing for respiration but the azote or nitrogen (the purpose of which is to dilute the pure air, and render it fit for the sustenance of animal life), which is nearly four-fifths of the whole volume, and is not only unfriendly to life, but absolutely poisonous, by being converted into fixed air, or carbonic acid gas. This fact should satisfy every one who values his health, of the necessity of frequently renewing the air he breathes by well ventilating the rooms in which he lives and sleeps. The air of crowded rooms and theatres, when vitiated by the noxious effluvia constantly passing off from animal bodies by the medium of perspiration and bad breaths, and the combustion of lights and gases, has a highly deleterious effect on the animal economy, and

is, without doubt, often the cause of many of those pulmonary complaints which are ascribed to original mal-formation of the chest, or predisposition of habit arising from hereditary causes. The pains in the head, the nausea and distressing languor which persons frequenting theatres and other crowded resorts often feel, have been demonstrated by some experiments of the late Sir Humphrey Davy (by inspiring and expiring two or three times a quantity of gas contained in a silken bag) to be occasioned in consequence of inhaling the mephitic air generated by the gases produced in these places. Who that has ever felt the refreshing effects of the morning air, or the unpleasant odour perceptible on entering the bed-room of another in the morning, can doubt the pestilential effects of animal effluvia and crowded and ill-ventilated apartments?

SECTION IX.

A WORD TO YOUNG LADIES UPON THE IMPORTANCE OF HEALTH.

WERE this section of our work headed with "The Means of Preserving Beauty," how many eyes, that will now turn away from it with indifference, would then be riveted to it; and yet a better understanding of the subject would make those young ladies who are most anxious to preserve their good looks, seek most eagerly to know how to preserve their health; for without that, no one can long be beautiful, and with it the plainest person is sure of one kind of comeliness.

We think with horror of that sort of suicide which is committed by hanging, drowning, and poisoning; but take no note of the more numerous and more responsible cases that are to be found among those who destroy their health by inattention to the laws which nature has affixed to the human constitution. Ignorance—a blameable

ignorance of the structure and functions of those organs on which life depends—has occasioned the death of thousands.

Women study all the arts and sciences which are fitted to embellish life, whilst they fail to become acquainted with that one subject, on which depends the exercise and full enjoyment of all else they know. They spend years in learning to sing, without devoting one hour's attention to the construction of that wonderful instrument—the lungs. They pursue all other kinds of knowledge, and neglect that which is necessary to the due observance of the laws of their being; and, by ignorantly transgressing those laws, they bring on disease, and are prematurely cut off in the very bloom of life.

On no other subject, connected with their temporal condition, are persons so blind to their own interests. Suppose, for instance, that you inherited from your parents a valuable piece of mechanism, by means of which the most curious and complicated movements of puppets were performed, the finest music was produced, and a succession of landscapes was presented, in which motion was given to the trees as if waving in the wind, brooks ran and bubbled, and clouds appeared floating in the air; suppose that the machinery which produced such curious results was all concealed in a closely-shut box, which could not be opened without destroying the instrument for ever. You received with the box a few directions about winding it up, and pulling certain strings and touching certain springs, at certain times, without knowing the connexion between these and the hidden movements within. This ignorance would inevitably lead to mistakes in its management, and if by chance any part were out of order, your attempts to rectify it would be made at random, and be as likely to do harm as good. Would you not, in such a case, be very desirous to learn something of the internal structure of this curious machine, more especially if by some spell your enjoyment of life, and life itself, depended on its being kept in good order?

If a friend should come to you and say, “I have seen many such boxes before; I have seen them opened, and

know exactly how they are constructed, and why touching this spring produces one effect, and touching that another; I know too what ails your box, and makes its music imperfect, and its movements incomplete; shall I explain it to you?" Would you not eagerly receive the proffered information?

And yet your own bodies are full of machinery far more curious than was ever imagined by man, performing far more complicated movements than we can number or describe; and on your right understanding of their proper use and treatment depend not only the prolongation of your life, but the power of enjoyment, activity, and usefulness, while it lasts.

Look back upon your childhood; and see how many of your schoolmates are numbered with the dead, how many have grown up pale and feeble, how many have grown up confirmed invalids! Look at those who are among your mother's friends, and see who of them are possessed of good health, and can perform all the duties of life without hindrance from bodily infirmity; and then consider whether for the sake of preserving this rare and valuable possession from the evils occasioned by ignorance, you are not willing to take a little pains to inform yourself upon the subject.

Perhaps you are tired of hearing it said that copious ablutions and exercise are needful to health; that breathing the air of hot rooms and crowded theatres is hurtful to it; that certain kinds of food are good for digestion, and that other kinds are bad; but will it not interest you to know how copious ablutions affect the skin, and, by understanding its curious structure, see for yourselves what is necessary to its being in a healthy condition? Would you not like to hear how your lively feelings depend on your circulation, and how these are quickened by the motion of the muscles which we call exercise? Will it not interest you to know how that important organ, the lungs, is liable to become the seat of the most incurable of diseases, and how its functions can best be kept in a healthy state? Will you not be willing to learn how the stomach operates on the food, and why eating between meals is unwholesome, why suppers dis-

turb the sleep, and why pastry and cakes give the headache? Let it not be said that knowledge of this kind is superfluous to the unprofessional reader, for society groans under the load of suffering inflicted by causes susceptible of removal, but left in operation in consequence of our non-acquaintance with our own structure, and with the relations of the different parts of the system to each other and to external objects.

Our bodies are constituted according to certain laws, which are as fixed as those which govern the planets in their orbits; but with this difference, that while the heavenly bodies have no power to deviate from their appointed paths, to man is given that free agency which empowers him to maltreat his own body, though he cannot do it without incurring a penalty, that of introducing disease into his system. The law is just as absolute in the one case as the other; and it is the prerogative as well as the duty of man to acquaint himself with it and to obey it. Some of these laws we easily understand and readily obey. All admit that we cannot live without food, and sleep, and fresh air. It is equally certain, but not equally obvious, that we cannot enjoy full health unless our food be of a proper quality, taken at proper times and seasons; and that, to answer its full purpose of refreshment, sleep must be taken in the right quantity and at the right time. Because the consequences of breaking these laws do not immediately appear, we expect to escape them altogether. Some persons ignorantly boast that they are just as well without exercise as with it. Some say they have learnt to do with four hours' sleep; and others insist upon it that ten or twelve hours' sleep do not injure them. One young lady will tell you that dissipation agrees with her, and that her lungs are proof against the vitiated atmosphere of crowded rooms; another will gravely assure you that rising early gives her the headache, and that strong coffee never does her any harm. But sooner or later nature will vindicate her rights, and the violator of her laws will find that there are few exceptions to her rules. The elasticity of youth may resist much maltreatment for a while; but at last, and often without warning, health fails—a long train of

diseases follows—the physician catechises his patient, and finds in her acknowledged way of living abundant reason for the complaints that have been induced. Witness the inroads made on the health and looks of young ladies who have been all the “season” engaged in the dissipations and amusements of the fashionable world. See in the pallid cheeks and hollow eyes, in that languid air and shrunken form, a lesson on the evil influences they have been under. Instead of having been braced by winter frosts and strong out-door exercise, to bear the east winds and variable temperature of spring, they are so enfeebled as to become the ready victims of disease. If not fatally attacked, the more active and out-door habits of summer restore a portion of their lost vigour; and happy would it be for those of delicate constitutions, if they would profit by this practical lesson, and learn in future to avoid such fruitful causes of disease and death. But instead of this, the health and strength acquired in the journeys and rambles of summer, are often lavished on the round of fashionable amusements in winter!

SECTION X.

ON DIET.

AN eminent physician has placed on record the following admirable observations:—

“When we consider the unnatural and artificial state of our domestic institutions, and those habits of confinement which so much prevail in female life, we cannot but recommend exercise in the open air as of the utmost importance. The inhalation of more pure air than that of a dwelling is most valuable in all stages of existence; and the various climates and habits of the world furnish striking instances of the strength and stamina of women, in proportion to their observance of

these salutary means. In dwelling upon the advantages of air and exercise, and the physical debility resulting from the neglect of them, I would now allude to the importance of diet in regulating the powers of the nervous system ; for it must be admitted that diet has a peculiar and varied tendency according to its character, and more particularly influences females who belong to the higher ranks of society, and partake freely of the fare which is common to them.

“The stomach not only effects the grand purposes of digestion, but, by its healthy or unhealthy action, strengthens or weakens the whole system. When we consider the present fashionable modes of indulgence, in taking a contrariety of substances into the stomach, and the great addiction to fermented liquors, it cannot be matter of surprise that this organ so often becomes the seat of disease. The morbid affection of the nerves of the stomach, by sympathy, impairs the energy and impedes the motion of the heart and arteries ; chylication is imperfectly performed ; and the operations necessary for repairing the whole waste, which different parts of the body daily undergo, become either too languidly applied, or inefficient in their properties. It is evident that certain aliments have different influences upon the animal feelings, that the stomach often regulates the organ of thought, that a full diet will generally diminish the activity of the brain, and render our ideas confused and unintelligible ; and it has been remarked, that the system of diet alters the character of people, and even of nations.

“It is universally admitted that digestion is effected by the action of the gastric juice in the stomach ; the present habit, therefore, of taking large quantities of liquids during that process must be injurious ; for, surely, the introduction of any fluid into the stomach at that period must weaken its digestive powers. The immoderate use of opium, tobacco, and other powerful narcotics ; the prevalent indulgence in vinous and spirituous liquors to excess ; the want of air and exercise, the exposure to cold moist air when in a state of inactivity, a deficient or vitiated secretion from the liver, pancreas,

&c., attended with costive evacuations; intense study, grief, or other violent affections of the mind, which often accompany these morbid derangements; tea, coffee, or other diluent liquors, which have a tendency to relax the action of the muscular fibres; may all be considered as the leading causes of the imbecility and loss of power which prevent the stomach from performing its most essential functions, the assimilation of food.

“The temporary relief which the stomach receives on the admission of stimulants, proves its want of energy in the process of digestion, and shows it to be subject to a disorder of function, and not of structure;—for an organic affection of the stomach would render it incapable of performing its office, while a derangement would only suspend it. Therefore, the powerful effects of vinous or ardent spirits must be considered as producing in a great measure the languor and want of excitement which usually are the consequences of extreme action in any organ of the body. This opinion will be fully verified by that excessive debility which is observed subsequent to any violent febrile affection.

“Those, however, who have injured their digestive powers by hard drinking, ought not, all at once, to leave off this hurtful habit; but gradually to diminish the stimulus, avoid vegetable and acid food, and to eat animal and farinaceous matter, which will be more likely to restore the digestive functions to a healtful state.”

SECTION XI.

THE PULSE.

EVERY one knows that among the numerous inquiries and examinations which precede the prescription of a careful physician, the state of the pulse is never omitted. Yet as it is probable that few of our readers are ac-

quainted with the reasons for this inquiry—or, what is the same thing, with the facts to be learned from it—we think it may not be uninteresting if we enumerate some of the more prominent ones.

It is almost unnecessary to premise that by the pulse is meant the beat of an artery, and that the one commonly chosen for examination is the radial artery which beats at the wrist. The first point generally attended to is the number of the beats; and since in this, as in all other medical questions, it is necessary to be acquainted with the state of health in order to recognise any deviation from it, we must mention the ordinary frequency of the pulse at different ages. In the new-born infant it is from 130 to 140 per minute; but decreases in frequency as life advances; so that in a middle-aged adult in perfect health, it is from 72 to 75. In the decline of life it is slower than this, and falls to about 60. It is obvious that if we could suppose a practitioner ignorant of these plain facts, he would be liable to make the most absurd blunders, and might imagine a boy of ten years old to be labouring under some grievous disease because his pulse had not the full sobriety of his grandfather's. The quickness of the pulse affords most important information. If in a person, for example, whose pulse is commonly 72, the beats rise in number to 98 some alarming disease is certainly present; or, on the other hand, should it have permanently sunk to 50, it is but too probable that the source of the circulation, the heart itself, is labouring under incurable disease, or that some other of the great springs of life is irremediably injured. Supposing, again, the pulse to be 72, each beat ought to occur at an interval of five-sixth of a second; but should any deviation from this rhythm be perceived, the pulse is then said to be irregular. The varieties of irregularity are infinite: but there is one so remarkable as to deserve particular mention. It will happen sometimes that the interval between two beats is so much longer than is expected, that it would seem that one beat had been omitted; in this case the pulse is said to be an intermittent one. When the action of the heart is irregular, the beat of the pulse is so likewise; but it will occa

sionally happen that the latter irregularity takes place without the former one, from some morbid cause existing between the heart and the wrist. It is hardly necessary to observe, that in all doubtful cases the physician examines the pulsation of the heart as well as that at the wrist,—just as the diligent student, discontented with the narrow limits of provincial information, repairs to the metropolis to pursue his scientific inquiries.

SECTION XII.

DISEASES, MALADIES, AFFLICTIONS &c.

WE must now remind our readers that we commenced by a description of the process of digestion, for the purpose of showing how vitally important to the general health is the state of the organs which are specially and directly connected with that process. These are the stomach, the intestines, the liver, and the pancreas. But if these be diseased, the effects redound upon the other organs, such as the heart, the kidneys, and the lungs—the blood becomes impure—and the foundation is laid for one or more of the almost endless catalogue of diseases to which mankind is unfortunately liable. In these respects the gravest effects follow from apparently the most trivial causes. Let us look closely at this portion of the subject; and let us reflect how lightly people are apt to speak of what they call “trifling ailments.” Trifling ailments indeed! Why, these trifling ailments lead to death! For instance, how often do we hear the thoughtless exclamation, “Oh, it’s only a slight cold!” But if that cold be neglected, it leads to inflammation of the lungs—to fever—or to consumption—and to death! So it is with respect to the stomach. “Oh!” cries the thoughtless one, “it’s only the stomach that is a little out of order!” Well, but if this ailment be not properly

treated, that which was only *functional derangement* at the outset leads on to *organic disease*, and the mere dyspepsia so lightly regarded at the beginning becomes the source of a serious, miserable, and fatal malady in respect to the liver, or the heart, or the kidneys, &c.

Knowing, therefore, the importance of everything which regards the stomach and the various organs that may be affected by a derangement thereof, we have not only explained the process of digestion,—but we have likewise shown our readers the various kinds of food that are wholesome or injurious—we have expatiated on their modes of cooking—we have given our advice in respect to meals and mealtimes—and we have endeavoured still further to elucidate the subject in its most useful and interesting phases, by the recorded averages of the digestive powers. We naturally paused to dwell for a moment on the blessings of health, and we proceeded to establish rules for its maintenance. Amongst these we specially dwelt on the necessity of cleanliness, fresh air, and exercise; and, after a section of advice to the fair sex, we brought the topic down to a few closing reflections on diet and stimulants.

But now two considerations arise. In the first place, illness and disease will oft-times overtake us despite all our sanitary precautions;—and in the second place, there are myriads of the population who are unable, from various circumstances, to adopt any such precautions at all. To these it is useless to speak of fresh air, because they cannot obtain the enjoyment of it; useless to sermonise on the necessity of relaxation from labour, because they must labour on unceasingly; useless also to descant on the frequent use of the bath, because their means or circumstances will not allow them to indulge in it. Well, then, in the face of these considerations, it becomes our duty to suggest such preventive, remedial, or succedaneous means as will best apply to the several cases now alluded to: *preventive*, that disease may be warded off—*remedial*, that it may be promptly cured where it succeeds in showing itself—and *succedaneous*, that artificial substitutes may be found for the natural blessings of fresh air, exercise, and bathing.

Unprincipled charlatans and ignorant quacks puff their nostrums, and each one declares that he possesses a remedy for *all* human diseases. But this is absurd on the face of it. There can be no universal panacea. The medicament which may produce one effect, will utterly fail in accomplishing another. The drug that will cure a cough would be powerless to restore the lost tone of the stomach; and numerous other illustrations of a similar description will at once suggest themselves to the mind of the intelligent reader. But, on the other hand, if it be a gross imposture to represent any one medicine as a universal remedy, it is quite as great a fallacy to suppose that an entire apothecary's shop is necessary for the treatment of all the maladies to which flesh is heir. No such thing. Extremes in all cases are to be avoided;—and it was on this principle that a celebrated German chemist addressed himself to the task of ascertaining to what limit the number of drugs might be reduced in their application to the great majority of human ailments. In other words, he set himself to work to discover how many drugs in the whole pharmacopoeia might be dispensed with, and how many must be retained.

Having accomplished this aim, his next labour was to ascertain how these indispensable drugs might be most judiciously compounded, in order that a large array of human ailments might be encountered with the fewest possible medicines. In this task the eminent chemist proved completely successful; and the results were the **UNIVERSAL MEDICINES**, already so celebrated throughout the Continent of Europe, as well as in India, the United States, Australia, and other parts of the world.

The medicines thus alluded to, apply to numerous physical and mental cases of disease; but we cannot do better than give the list of human afflictions as drawn up by the great chemist himself, to which his valuable remedies may be made applicable. The catalogue is as follows:—

Abscess—ague—apoplexy—asthma—atrophy—acne.

Bilious disorders—bleeding at the nose—brain-fever—black spots on the skin—bad breath (fetid)—bashfulness and blushing (from nervousness)—bronchitis—blood (diseases of)—boils—bowels (diseases of)—breasts (sore)—black specks before the eyes—breath (shortness of).

Chest (diseases of)—cholera—constipation or costiveness—cold—cough—colic—cramps—carbuncle—cutaneous diseases—cancer.

Digestion—diarrhœa—dreams (troubled)—dandriff—dysentery—delirium tremens—drowsiness—dyspepsia—dropsy—decay of the teeth.

Epilepsy—emaciation—erysipelas—eyes (watering of, or blood-shot, or yellowness of the whites)—ear (fetid discharges from).

Face-ache—fistula—flesh-worms—fever—feet (offensive in smell)—flatulence—fat (removal of superfluous)—fits.

Gout—gripping pains—gravel—giddiness—gums (sponginess of)—gum-boils—grocers' itch—glandular swellings.

Hysterical affections—heart (diseases of)—heart-burn—heaviness of the head—head-ache—hectic flush—hair (diseases of)—hoarseness.

Indigestion—inflammations—inflamed complexion—influenza—itch.

Jaundice.

Kidneys (diseases of).

Liver (diseases of)—loss of appetite—loss of memory—lips (blueness or paleness of)—lumbago—lowness of spirits—lungs (diseases of)—loins (pains in the)—liver-spots.

Memory (loss of)—Muscles (twitchings of).

Nervousness—nervous debility—nausea—nettle-rash—
neuralgia—noise in the ears—nightmares.

Palpitation of the heart—pregnancy—pallor of the complexion — pancreas (diseases of)—painters' colic —
painters' paralysis—pains in the back and loins—piles
—pimples — paralysis — perspiration (to promote)—
phlegm—pleurisy.

Rheumatism—ringworm—rose rash — redness of complexion.

Spleen (diseases of)—sallowiness of complexion—sleep-
lessness — spasms — sickness — styas — stomach (de-
rangements of) — scurvy — scrofula — sore throat—
shivering fits—sick headache—scarlatina—shortness
of breath—sea-sickness—stone—skin (diseases and
discolourations of).

Tongue (ulcerated) — tape-worm — tic-doloureux—trem-
bling of the hands and limbs—teeth (decay of) —
tumours.

Ulcers—urine (detention of).

Vomiting—voice (hoarseness of).

Water in the chest or on the brain—worms.

SECTION XIII.

THE UNIVERSAL MEDICINES.

THE preceding catalogue of diseases, maladies, and
afflictions, may seem fearful enough ; but they are all to

be encountered by the Universal Medicines. These are *five* in number:—but let it be well understood that, by the judicious process of infinitesimal combination, each *one* of these medicines contain the sovereign virtues of a dozen ordinary compounds. This process of essential concentration may be thus briefly summed up:—*that all the preceding catalogue of diseases may be divided into five sections, and that for each section there is a remedy in one of the five medicines.*

But we will now proceed to describe them in due order:—

No. I. THE FAMILY PILL.—This pill is intended for common use. It is a mild aperient, an excellent stomachic remedy against spasms and flatulence, and applies to ordinary cases of indigestion. Persons of sedentary habits, unable to take much exercise or to enjoy the fresh air, and whose means will not allow the frequent use of the warm bath, will find in this pill a substitute for those elements of health. The dose is two at bed-time. Price *One Shilling* the box. By post, 1s. 2d.

No. II. THE DIGESTIVE PILL.—This pill is compounded for the use of those who suffer severely from indigestion, and whose liver, kidneys, or other organs may be functionally deranged or positively diseased. It is to be used in those cases where the Number I. Pill would be of too mild a character. The dose is two at bed-time, on alternate nights. Price *One Shilling* the box. By post, 1s. 2d.

No. III. THE CUTANEOUS PILL.—This pill is for use in all skin-diseases, eruptions, and pimpular affections of every kind; and it is also calculated to promote perspiration. The dose is two at bed-time. Price *One Shilling* the box. By post, 1s. 2d.

No. IV. THE PECTORAL PILL.—This pill is a remedy in all diseases of the chest, the lungs, and the throat, and in all matters affecting the voice. The dose

is two in the morning before breakfast, and two at bedtime. Price *One Shilling* the box. By post, 1s. 2d.

No. V. THE TONIC PILL.—This pill is a specific in all cases where the system requires bracing and strengthening. It applies to every species of physical weakness and nervous debility; and by its salutary action on the body, it produces a corresponding influence on the mind. Persons who are enfeebled by illness or by dissipation, who are suffering from the effects of youthful indiscretions or from excessive indulgence in the pleasures of life, or who from various causes are depressed in spirits, shaken in nerves, or weakened in frame, will find the Tonic Pill a sure, prompt, and effective remedy. Of all the Universal Medicines it is far the dearest, on account of the expensive nature of the materials of which it is compounded. The dose is a pill twice a-day, between meals. Price *Four Shillings* the box. By post, 4s. 2d.

OBSERVE!—All the Universal Medicines can be obtained at PROUT's, patent medicine venders, 229, Strand; SANGER's, ditto, 150, Oxford Street; as well as at every respectable chemist's and druggist's; or also by post, on enclosing stamps, addressed to

Mr. THOMAS WALTER,

Manager of the Universal Medicine Depot,

No. 8, Grafton Place,

Euston Square,

London.

Arrangements have been completed with the English Government in order that every box shall bear the official stamp, to prevent unprincipled persons from selling a spurious imitation of these medicines.

Journal

